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Harriet Bullitt

The Northwest's Own Natural Wonder

...by Roberta Greenwood

As part of the prominent Northwest family whose accomplishments include founding KING Broadcasting and the Bullitt Foundation, Harriet Bullitt created Pacific Northwest Magazine and Sleeping Lady Mountain Resort. She is a multi-talented entrepreneur and long-time supporter of the arts and environmental conservation.

When speaking with Harriet Bullitt, it doesn't take long to encounter one of her main interests: the natural world and how it nourishes the human spirit.

That belief was nurtured by her mother, prominent Seattle businesswoman and philanthropist Dorothy Stimson Bullitt, while spending summers at the family property near Leavenworth.

It has translated into a lifetime of action, directed by her belief that "the more people know about the natural world, the more they care for it...naturally."

One of three philanthropic siblings, Harriet, together with the late Charles Stimson Bullitt and

to focus its funding on children's issues, peace and the environment; it's grown into a nationally recognized organization, funding far-reaching programs throughout the region.

Harriet Bullitt describes herself as happiest whenever she's outdoors. Her love and respect for the environment that surrounds her work — whether striving to clean up nuclear waste, preserve the

Despite the trappings of wealth and privilege, Harriet Bullitt describes herself growing up "as the typical Northwestern girl"

Siskiyou mountain wilderness areas, prevent logging of ancient trees on Vancouver Island, restore Icicle Creek to its natural habitat, or establish a retreat that links community, nature and beauty — Bullitt has remained connected to the power and majesty of the earth.

"It's the one continuous thread I've had in my life," she quietly explains. "We grew up climbing trees, rolling stray logs when the tides were low... sometimes just sitting on a rock and listening to the sounds. Outdoor life was the way kids lived; we had to be called to come in for our meals."

The Beginnings of the Bullitt Legacy

Born to Alexander Scott Bullitt and Dorothy Stimson, Harriet Bullitt was reared in an atmosphere of adventure and dedication. Her grandfather was a lumberman who operated

a successful sawmill after the Great Seattle Fire; her father was a distinguished attorney. Her mother, although born into a life of privilege and leisure, remained rooted to the outdoors and her love of sports. Described as a "spirited woman," she passed on her sense of enthusiasm and determination to her children. Widowed at an early age, Dorothy Bullitt went on to build an incredible media corporation that continues to serve the Seattle area today.



Harriet Bullitt continues her family's legacy of enhancing and protecting the Pacific Northwest through the Bullitt Foundation and personal endeavors such as founding Leavenworth's Sleeping Lady Mountain Resort. Photos courtesy Sleeping Lady

Despite the trappings of wealth and privilege, Harriet Bullitt describes herself growing up "as the typical Northwestern girl." Like her mother, she enjoyed the freedom of the outdoors and spent many afternoons riding her horse through the Wenatchee Valley. An excellent equestrienne, she continues to ride her beloved Icelandic horses and says that her mother never worried about the dangers a young girl on a horse might encounter alone in the wilderness. "Mother always said to 'stay with your horse, dear, and you'll be fine,'" Bullitt laughs, remembering a favorite family anecdote. "She worried about those CCC (Civilian Conservation Corps) boys but never about anything in the woods."

Bullitt has pursued a variety of interests throughout her life — including seaplane and glider flying, competitive fencing, scuba diving and even flamenco dancing. Her dedication to civic activities is well-known throughout the region, but it's her devotion to environmental causes that brings her the most pleasure. "There's always something going on close to your home, something you can do where you live," Bullitt says. "You can pick a group, decide on something that matters to you, and go out and make a difference."

A Lifetime of Service

As a multitasking entrepreneur, Bullitt has supported not only the environmental causes of the Pacific Northwest but the artistic communities as well. She and her sister assumed leadership of KING Broadcasting which had been founded by their mother, and developed it into a chain of radio stations, TV and cable stations before selling

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Harriet Bullitt founded Sleeping Lady Mountain Resort near Leavenworth, nestled in the Cascade Mountains alongside Icicle Creek. Pictured here is the resort's organic garden set amidst evergreens and beautiful vistas.

the late Priscilla "Patsy" Bullitt Collins, continued their mother's legacy of enhancing and protecting the landscape of Seattle and the Pacific Northwest through various personal endeavors and the Bullitt Foundation.

Started in 1952 by Dorothy Bullitt, the foundation contributed to many Seattle institutions, such as Children's Hospital, the Seattle Symphony and the Cornish School of the Arts. In 1983, the Bullitt Foundation began



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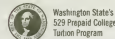
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Operations/Advertising Manager: Chris Mitchell
Editor: Michelle Roedell
Production Manager: Belinda Scott
Production Coordinator: Rachel Binford
Associate Editor: Susanne G. Beyer
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Northwest Prime Time, published 10 times per year, is for vital men and women over 50 who are curious, passionate, and engaged with the world they live in; who know that these years are the prime time of their lives.

EXI.

Mary Pat Laffey is a Fighter

...by Patricia Doherty

In 1958, twenty-year-old Mary Pat Laffey just wanted to travel. She signed on with Northwest Airlines as a stewardess, moved to Seattle and flew international flights. It was important that she cram in the travel she wanted because her position would be terminated when she turned 32, or if she married, or if she gained too much weight, or if she wore eyeglasses. These were standard Northwest Airlines regulations.

In 1964 The Civil Rights Act was passed, which stated discrimination based on gender could not be used in the workplace in America, a fact most stewardesses did not know.

For years male flight attendants could be married, have families, and apply to be a purser, which earned a higher salary than flight attendants. Males received single rooms at hotels. Stewardesses could not apply for purser positions, had to share rooms, and must leave if they married or had families. The Northwest Airlines work manual stated that when a male flight attendant was on board he would always be in charge, regardless of his seniority.

In 1965, Laffey became the union rep for Seattle-based stewardesses, a position without compensation. She was then elected Master Executive Chairman—monitoring contract compliance for all Northwest flight attendants. She hoped she could help coworkers who were forced to retire for marrying or turning thirty-two.

Northwest stewardesses were the first group of women to appear before the Equal Employment Opportunity Commission. The commission agreed with their case, but it lacked the power to enforce the decision.

In 1967 the stewardesses won the right to fly after they married, after turning thirty-two, bid for the purser positions, and wear eyeglasses at work. However the fight had just begun. NW hired five pursers off the street, all male, without making the positions public. Laffey confronted management and they were forced to post the purser bids. She was the first woman to bid for a purser position at Northwest. After



Mary Pat Laffey

passing a test that had never been required before, Laffey scored higher than the male applicants and became the first female purser for Northwest.

Laffey and forty stewardesses went on to sue Northwest Airlines for discrimination violations such as salary inequities based on gender.

To hear more about Laffey's successful court battles, join her at the Des Moines Activity Center at 7pm on April 16, 2045 S. 216 in Des Moines. A \$2 donation is suggested. For more information, call 206 878-1642.

Inspire Positive Aging

Senior Services created the Inspire Positive Aging Award in 2006 to recognize inspiring elders. Is there a senior in your life who exemplifies positive aging through community involvement, healthy living, relationships, and endurance? The deadline for nominations is April 12. The winner will receive two domestic roundtrip airlines tickets to a destination of his/her choice. All nominees should be individuals 65 and over who live in King County. Anyone is eligible to nominate a senior. The award will be presented on May 8th at Senior Services' Annual Breakfast. For more information call 206-727-6261 or visit www.inspire-award.org

A New Philosophy of Alzheimer's Care

The Alzheimer's Association 28th Annual Regional Conference and related events take place April 4-6 in Seattle and feature Alzheimer's expert John Zeisel, who embraces holistic treatment and emphasizes abilities that don't diminish. Read about the event at northwestprimetime.com/news/2013/mar/15/gift-alzheimers/ or for details visit www.alzwa.org.

UW Healthy Aging Lecture

Join the University of Washington Alumni Association and the University of Washington School of Nursing for the Tompary Center for Healthy Aging Spring Lecture, *Fortifying Your Nutrition IQ*. The panel discussion provides an opportunity to hear from leading experts on how to enhance healthy aging by eating well, maintaining proper nutrition, and understanding the role of supplements in a healthy diet. A reception and student presentations on health and aging will follow the discussion. The event is free and open to the public.

This year's speaker and topic

Strengthening Your Financial Future

Nervous about your financial future? Have you tried to save more for retirement, but struggle to get ahead? Times are tough and it's hard save for tomorrow. Prices continue to rise, and the marketplace is stacked against consumers with clever marketing ploys designed to dig further in to your pocketbook.

Join AARP and financial planning experts to learn how to spend less, save more and get ahead. Uncover the hidden marketing tactics some businesses use to convince even the savviest consumers to buy things they don't want or need. Learn how to map out a retirement savings plan that works for you. And leave with some simple tips that can start saving you money today!

This free public event, "Strengthening Your Financial Future" takes place on Wednesday, April 17 from 9am-1:30pm at the Old Redmond Schoolhouse, 16600 N.E. 80th Street, Redmond. Participants will receive free educational materials, and will leave with the latest tips and advice straight from the experts. This is not a sales presentation, and lunch is on AARP.

Register online at www.aarp.org/wa or call toll-free 1-877-926-8300. Space is limited at this free event and registration is required, so reserve your seat today.

lineup includes: Chelsey Bobcek, "My Plate: Figuring How to Make My Plate More Like Your Plate," Lesley Tinker, "Portion Distortion," Marian Neuhouser, "Dietary Supplements and Healthy Aging: Everything You Wanted to Know But Were Afraid to Ask," Anju Aggarwal, "Do We Need to Pay More to Eat Healthy Food?"

The event is held on Thursday, April 4 from 2-4pm at the UW Tower Auditorium (Mezzanine Level), 4333 Brooklyn Ave NE, Seattle. Reserve your spot at www.uwalum.com/HealthyAging or for more information call 206-616-4276 or visit www.agingcenter.org.

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April is National Volunteer Month

Seattle Seniors are Making a Difference

Willoughby Ann Walshe and Barbara Meyer, both of Seattle, are Peace Corps volunteers making a difference to communities in Kyrgyzstan and Lesotho.

Willoughby, age 75, is preparing to publish the first comprehensive Kyrgyz-English dictionary to ever be printed in the nation. When she started teaching English at a secondary school in a small village near the capitol city, Bishkek, she discovered her students didn't have a dictionary to make translations from their native language into English.

"Students and teachers only had Russian-English dictionaries

available as a resource for learning the English language," said Willoughby. "Although most Kyrgyz people know how to speak Russian, it meant they had to translate words twice, from Kyrgyz to Russian and from Russian to English, in order to find the English meaning. The time and work involved deters motivation."

With more than 30 years of experience in the publishing and translation industry, Willoughby accepted the challenge to better educate her students. She is working with the Dean of Faculty of Foreign Languages at the State University to publish and distribute a comprehensive English-Kyrgyz/Kyrgyz-English dictionary to be used by students, community members and tourists.

"We envision the dictionary eventually being used by every student, teacher, business person and tourist facility in the country," she said.

Barbara Meyer, 62, has designed two new employee training programs in her local hospital and is leading fundraising efforts for training equipment so she can improve community health in her village in Lesotho. To get the trainings underway, Meyer is raising funds through the Peace Corps Partnership Program (PCPP), a program that helps support Peace Corps volunteer community projects worldwide.

Barbara has been working in Lesotho since 2011. "The hospital provides care to a mostly rural population of 200,000 and has a limited budget for equipment and staff training," she said.

Donations

will go toward the purchase of two computers, a projector, speakers and training materials. "Owning this equipment will lead to more efficient practices and allow for the programs to be taken on the road to other communities," she added. The community will contribute to training materials and staff will help lead the trainings. A community must make a 25 percent contribution—which helps ensure ownership and a greater chance of long-term sustainability.

"We plan to continue regular trainings for at least a year to make sure that the skills taught become truly embedded in the culture of the hospital," said Barbara.

One hundred percent of each tax-deductible PCPP donation goes toward a development project. For information visit www.peacecorps.gov/donate. Meyer's project number is: 632-124 ♦



(L-R) Willoughby Ann Walsh (seen in traditional Kyrgyz garb) and Barbara Meyer, both of Seattle, are serving in the Peace Corps

Life Perspectives

...by David Gardner

Fond Memories

I've been around seventy years now and I find that the older I get, the more I enjoy life. And, of course, the older I get, the more things there are to reminisce about. Unfortunately, there's also less memory to reminisce with. The irony isn't lost on me. This is a list of things I grew up with that have either disappeared entirely or are very little seen or used today.

- Coin dispensers worn on the belt. I remember them from untold encounters with the Good Humor man over the years. Corner newsstand vendors (also long gone) used them as I, believe, bus drivers. The shiny metal dispenser had four tubes, each with a coin slot at the top, a vertical slit that allowed the vendor to see how many coins remained and a lever for dispensing the coins. One push, one coin.

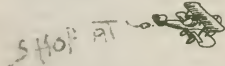
- One pound blocks of white margarine, accompanied by a packet of yellow food coloring. Margarine gained a foothold in the American market during World War Two, when it was used as a substitute for (rationed) butter. The dairy industry, afraid of inroads into its market, successfully lobbied Congress to pass a law forbidding the sale of yellow margarine in quarter pound sticks. I remember my mom (sometimes dad) dumping the one-pound block of white margarine in a bowl and mashing in the yellow food coloring with a fork. The process was neither easy nor quick. Margarine, however, was cheaper than butter.

- Cars with the headlight dimmer switch on the floor and the gearshift on the steering column. Now, of course, the dimmer control is on the steering column and the gearshift, in many cars, is on the floor.

- Cars with mechanical turn indicators. The driver reached up to the support column between the windshield and the window, hooked a finger on a little lever and pulled it down. Pulling it down halfway caused a six- or seven-inch arrow indicator

to stick straight out for a left turn and pulling it all the way down caused it to point up at a 45° angle for a right turn.

- Curb feelers on cars. Curb feelers were thin, flexible wire rods, about nine inches long, with a little ball at the end, two on the passenger side of the car, one fore and one aft. Each was attached at a downward angle to either the bumper or the lowest part of the fender (I don't recall which). They scraped against the curb and let the driver know by the scraping sound that the car was close to the curb.



- Skywriting. As kids, we used to lie on our backs and watch for the half hour or so it took a skywriter to complete the commercial message. Sometimes the wind would kick up before it was finished and the first letters, already starting to dissipate, would be gone, leaving a sometimes incomprehensible message for those who happened to start watching late.

- Metal taps you could buy at the dime store and nail to your shoes. We thought this was pretty cool. Parents complained that it ruined shoes. We were both right.

- A slot in the medicine cabinet for used razor blades. We moved into our house in Sherman Oaks, California in January, 1948. Dad died in October, 1955. I estimate there are at least a couple of thousand of his old razor blades in the bathroom wall.

- Tooth powder. We used Dr. Lyons' Tooth Powder. It came in a five-inch, oval-shaped can. Remove the top, sprinkle some tooth powder in the palm of your hand, wet your toothbrush, dip into the tooth powder and brush. ♦

Dave Gardner is a retired educator and writer who not only enjoys life but also reminiscing about it. If you have suggestions for adding to the list, please email Dave at davgg@centurylink.net.



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Skagit Tours: Experience the North Cascades

...by Hermann Ambion and Bailey Adams

Looking for an outdoor getaway this summer? Visit the rich beauty of the North Cascades through Skagit Tours, brought to you by Seattle City Light.

Skagit Tours provides a recreational and educational experience for people of all ages. You can choose from four different tours and register for a variety of leisure activities throughout the Skagit area.

In 1918, Seattle City Light's second superintendent, J.D. Ross, had a vision to generate power and electricity by hydroelectric dams for the City of Seattle through the Skagit River Hydroelectric Project. Along the river, there are three dams generating about 20 percent of the electricity for Seattle City Light customers: Gorge, Diablo, and Ross.

Start your adventure with a Diablo Lake Boat Tour. The tour begins with a delicious organic lunch, offered by the North Cascades Environmental Learning Center followed by an exploration of majestic Diablo Lake. Come aboard the grand *Alice Ross III*, where you will be able to experience nature's beauty, exploring the scenery that Diablo Lake has to offer.

The North Cascades Explorer Tour offers a combination of walking and van explorations to see the Skagit Hydroelectric Project up close and behind the scenes. National Park Service rangers and naturalists from the North Cascades Institute provide insight and history into the early days of the Skagit project. The tour begins in Newhalem, where you can learn about the early days of the hydroelectric project. Then walk through exquisite Ladder Creek Falls garden and view the inside of the Gorge Powerhouse. From here, you will be taken by van to visit the town of Diablo, home to the famous incline lift that once carried train cars up the side of Sourdough Mountain. Next, visit the all-new, art-deco lobby and viewing gallery at Diablo Powerhouse, where you get the rare opportunity to see the interior of the power generators up close, which is normally closed to the public. The tour is followed by an appetizing picnic lunch as you experience the history, biodiversity and geology of the North Cascades.

The most popular tour is the Skagit Hydroelectric Powerhouse Tour. A limited number of tours are



View of Ruby Peak from Diablo Lake

given each year that take you to all three dams, introducing historic features of the hydroelectric plants that provide power to City Light customers. You will learn about the historic town of Newhalem, which was essential to the success of the hydroelectric project. Then visit the Gorge Powerhouse and the pristine Ladder Creek Falls garden. Afterwards, enter into the town of Diablo, where you can view the interior of the Diablo Powerhouse, and then return back to the North Cascades Environmental Learning Center, where a delectable lunch awaits. The adventure ends with a boat tour of breathtaking Diablo Lake, where you will see the interior of Ross

Powerhouse before arriving back to Newhalem.

The free walking tours of Newhalem are a great way to stroll down the Skagit project's early days and learn about the history of the Skagit project. Start your tour at the Skagit Information Center—and then make stops along the way to the historical sites that were a vital part of the Skagit project. Some of these must-see Newhalem attractions include Old No. 6, a steam engine that transported workers and supplies during construction of the dams, Silk Stocking Row, and the beautiful Ladder Creek Falls. City Light is renovating a number of buildings in Newhalem and will soon have the Gorge Inn available for visitors. And, do not forget to pick up the "famous" Skagit fudge available at the General Store. A wonderful reward for a day well spent!

Whether you have visited before or you are a newcomer to the North Cascades, Skagit Tours has something for everyone. It is a combination of beauty, adventure and education you will not soon forget—right in your own backyard! You can save \$2 on your reservation as a City Light customer if you reserve your tour before June 15. See the details on the coupon accompanying this article.

Make a reservation by calling (360) 854-2589 or by visiting www.skagittours.com ♦

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To redeem this coupon, please call 360.854.2589 to register and provide the promotion code "ST13." Seattle City Light customers only. Promotion ends June 15, 2013.

Photo credits: Rick Allen, David Ambion, John Harter, Elizabeth Pennington & Nelson Hoger

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Memory and Community

...by Deyung Chou

Robert Lee Smith lives in Tacoma. I live in Olalla. We are 30 miles apart in distance and 30 years apart in age. We have one thing in common: a place on the earth we both are connected to in our own intimate way—Taiwan.

As a veteran filmmaker, originally from Taiwan, I wanted to bring to life a Chinese saying: Every senior is a treasure. What I try to achieve is to help seniors tell their stories in order to increase younger generations' understanding of those before us who help us be who we are.

When Robert and I met in November 2012, he knew right away that he wanted to revisit his beloved memories of the beautiful small island that I came from. Since leaving Taiwan, Robert has never tired of telling people how he loved the years he spent there as an aircraft electrician with the American Air Force, but this time his story would be told in a different style. He would be in a short film photographed and directed by me.

I call my films "MCM/M," short for "Memory Community

Movie/Memoir." I started Memory Community, a non-profit organization, in April 2011 in order to "film" rather than "write" memoirs for older adults. Many seniors have untold and fascinating stories, and Memory Community aims to encourage them to share so that the generations after them can benefit from this priceless and vast reservoir of knowledge.

I have long been interested in working with the elderly. I regret not taking enough time to record my parents' stories because I was too busy. Like my parents, many elders do not feel their stories are worth telling and do not feel comfortable displaying their emotions in front of a camera. However, I have found this population to be very eager to share and pass on their life experiences, if only we are willing to ask and listen.

MCM/M welcomes donations of any amount to cover the production fees (suggested donation \$100). For more information call 253-858-2445. ♦



Robert Lee Smith and Muffin



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Naturally Healthy

Probiotics and Health

...by Carly Kellogg

It's not just an apple a day that keeps the doctor away. Bacteria every day also keeps the doctor away!

Probiotics are valuable bacterial microorganisms naturally found in fermented foods, fortified into foods, or in supplemental form. They are necessary supportive elements for your health. All babies are born with sterile digestive tracts that over time are exposed to cultures of microorganisms that establish residency in the gut. By the time we reach adulthood, the healthy intestinal microorganisms make up 3½ pounds of weight in our intestines. Wow!

People need beneficial bacteria in the gut for an array of benefits, one of which is to build immunity. They fight off germs we are regularly exposed to; restore the natural flora that is killed off by antibiotic treatment; and a healthy bacterial population in the gut has recently been shown to create antioxidants in our bodies, decreasing oxidative



stress that has been linked to certain cancers.

Probiotics also aid in digestion. These valuable organisms start to predigest your food while speeding up transit time. Having a

flourishing population of healthy bacteria can alleviate diarrhea and constipation, while minimizing symptoms of acid reflux, and even some chronic diseases. They also help you maintain the natural pH balance in your digestive tract.

People can also benefit from probiotics for increased nutritional value of their food. Fermentation specifically changes the molecular structure of foods, helping to produce more bioavailable forms of nutrients. Specific probiotics can help remove toxins such as phytates found in foods like grains, legumes and seeds that naturally render these foods more digestible, and therefore more absorbable.

As more research is discovered on the benefits of probiotics in foods and supplements, public awareness and popularity is

increasing. When bombarded with so much information, it can be hard to decipher what advice or information is true, and more importantly, which is best for you. Below is a list of naturally probiotic-rich foods and some tips for choosing quality probiotic sources:

Probiotic-rich foods

- Cultured or fermented dairy products like kefir and yogurt
- Coconut water kefir, homemade root beer or ginger ale
- Sour or homemade pickles, raw olives
- Sauerkraut, kimchee
- Tempeh (fermented soy beans)

Choosing quality probiotics:

The best tip for choosing quality probiotics is to find them naturally in fermented foods, like those listed

above. Look for "unpasteurized" labeling when shopping for pickles or sauerkraut, etc. Exposure to high heat and extensive processing may degrade the beneficial bacterial content of foods, so be aware of handling techniques.

You can also choose foods that have been fortified with live bacterial cultures. Just be certain that the nutrition label on these fortified foods reads "live bacteria" or "live and active cultures."

If you are interested in taking probiotic supplements, consult with your primary care physician or a dietitian who can recommend an appropriate type of probiotic and specific dosage.

Check out this simple recipe for Fermented Vegetables below for a tasty and healthy creation! ♦

Fermented Vegetables

Directions

Dissolve sea salt in water. Place vegetables and spices into the jar. Leave 1 inch from the top of the jar. Then cover with salted water, leaving about 1 inch to ½-inch from the top. Fold a small cabbage leaf and press it into the brine, so the water floats above it and the vegetables are submerged. Cover with a plastic lid and store out of direct sunlight. After three days you should see a bit of bubbling (the natural fermenting process).

After a total of five days of fermenting, taste the veggies. If the taste is to your liking, proceed. If you prefer a more sour taste, let the vegetables ferment for another two to three days. Once ready, remove the cabbage leaf and place the jar in your refrigerator where the vegetables will keep for a month or two.

Use your vegetables to top cooked grains, beans or leafy greens.

Adapted from www.nourishingmeals.com/2012/02/how-to-make-lacto-fermented-vegetables.html

- 1 glass quart jar with a plastic lid
- 1 to 1½ tablespoons sea salt
- 2 cups filtered water
- ½ head of cauliflower, chopped into small florets
- 2 carrots, chopped
- ½ white onion, chopped
- ½ garlic clove, minced
- 4-5 leaves of kale, cut into thin strips
- cabbage leaves (for the top of the jar)
- 5 black peppercorns
- 1 pinch of curry powder

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Health Matters

Hips and Cataracts

...by Gloria May, M.S., R.N., CHES



Gloria May

What is casually called a "broken hip," usually isn't. More often than not, it's a fracture of the thigh bone (the femur) at the joint where it meets the pelvic

bone (the hip socket). But whatever we call it, it's a serious medical event for anyone, but particularly so for those over age 65.

- It's also expensive, costing Medicare almost \$3 billion a year;
- The treatment involves more than "just" surgery. It also includes weeks or months of post-op therapy, usually in a nursing home or rehabilitation center;

- It more often than not negatively impacts quality of life as statistics indicate only about one in four "post-hips" returns to their previous level of functioning;

- One in five "broken hip" patients dies of complications within a year of the break.

So, it's paramount that we help ourselves (and we help our aging relatives) do everything possible to avoid falling and breaking anything, especially the biggest and longest bone in the body.

Fall prevention strategies fall into two general categories: How we can modify our homes to make them less fall-risky:

- Install grab bars (especially in the bathroom), declutter high traffic paths, use nonslip rugs or rug tape, tie up electrical and phone cords, increase lighting in dim areas, and install

handrails on all stairs.

...and how we can make our bodies more fall-resistant:

- Keep moving, and with your doctor's approval, increase your level of physical activity. Do anything you can (walk, dance, swim, stretch) to improve strength, balance, coordination, and flexibility. Wear "sensible" shoes, review your medications with your doctor for any that have the potential to make you dizzy or to slow your response time, and while you are there, ask if you should be taking vitamin D3 and calcium supplements.

All these recommendations may be old hat to you. But here's one you may not be aware of: Did you know that having cataract surgery might just decrease your risk of incurring a "broken hip"?

A cataract is a clouding of the lens behind the colored part of your eye. It's a common condition (the most common cause of decreased vision and blindness) and affects the majority of those over age 60. Every year, there are over 1.5 million out-patient surgeries performed to remove and replace the affected lens. While all surgery has risks, for the most part, cataract surgery is safe and without complications.

Recently, a Johns Hopkins publication reported on a study that demonstrated that of a million Medicare beneficiaries who had cataracts, patients who had surgery to remove and replace them had a 16% - 23% lower hip fracture risk than those who had cataracts but who didn't have the surgery. And it's never too late, as patients 80 to 84 years of age who had the surgery had the lowest odds of hip fracture among all age groups.

Who would figure that taking care of those cataracts might just well protect your bones? It may be time to see your eye doctor to reduce your risk of breaking your hip. ♦

Gloria May is a registered nurse with a master's degree in health education. She also holds a Certified Health Education Specialist designation.

Medical Minutes

...by John Schieszer



John Schieszer

Nerve Stimulation to Prevent Migraine Headaches

Wearing a nerve stimulator for 20 minutes a day may be a new option for migraine sufferers. The

stimulator is placed on the forehead, and it delivers electrical stimulation to the supraorbital nerve. This new approach to preventing migraine headaches is virtually painless and may be an alternative to taking migraine headache medicines.

Researchers in Belgium conducted a study with 67 people who had an average of four migraine attacks per month. All the subjects were followed for one month with no treatment. Then they received either the stimulation 20 minutes a day for three months or sham stimulation, where they wore the device but the stimulation given was at levels too low to have any effect.

The researchers found that those individuals who received the stimulation had fewer days with migraine in the third month of treatment compared to the first month with no treatment. The number of days with migraine decreased from 6.9 days to 4.8 days per month. The number did not change for those who received the sham treatment. There were no reported side effects from the stimulation.

The study also looked at the number of people who had 50% or higher reduction in the number of days with migraine pain in a month. That number was 38% for those who had the stimulation compared to 12% of those who received the sham treatment. "These results are exciting, because the results were similar to those of drugs that are used to prevent migraine, but often those drugs have many side effects for people, and frequently the side effects are bad enough that people decide to quit taking the drug," said study investigator Dr. Jean Schoenen, who is with Liège University in Belgium. **A Call for New Standards When Labeling Foods "Whole Grain"**

Current standards for classifying foods as "whole grain" are inconsistent and may be misleading, according to a new study by researchers at the Harvard School of Public Health (HSPH). One of the most widely used industry standards, the Whole Grain Stamp, actually identified grain products that were higher in both sugars and calories than products without the stamp, according to the study.

The researchers are now urging adoption of a consistent, evidence-based standard for labeling whole grain foods to help consumers and organizations make healthful choices. "Given the significant prevalence of refined grains, starches, and sugars in modern diets, identifying a unified criterion to identify high quality

carbohydrates is a key priority in public health," said study investigator Rebecca Mozaffarian, who is with HSPH.

The health benefits of switching from refined to whole grain foods are well established, and include a lower risk of cardiovascular disease and a lower risk of developing type-2 diabetes. Based on this evidence, the U.S. Department of Agriculture's (USDA) 2010 Dietary Guidelines recommend that Americans consume at least three servings of whole grain products daily, and the new U.S. national school lunch standards require that at least half of all grains be whole grain-rich. However, no single standard exists for defining any product as a "whole grain."

From two major U.S. grocers, the researchers identified more than 500 grain products, including breads, bagels, English muffins, cereals, crackers, cereal bars, granola bars, and chips. They collected nutrition content, ingredient lists, and the presence or absence of the Whole Grain Stamp on product packages from all of these products. They found that grain products with the Whole Grain Stamp were higher in fiber and lower in trans fats, but also contained significantly more sugar and calories compared to products without the stamp.

Bringing on the Berries

Women who eat at least three servings of blueberries and strawberries per week may have fewer heart attacks. At least that is what a new study with more than 93,000 women has found.

Blueberries and strawberries contain high levels of naturally occurring compounds called flavonoids. A specific sub-class of flavonoids, called anthocyanins, may help dilate arteries and counter the buildup of plaque in the arteries. Scientists from the Harvard School of Public Health in Boston and from the University of East Anglia, in the United Kingdom conducted a prospective study among 93,600 women ages 25 to 42 who were registered with the Nurses' Health Study II. The women completed questionnaires about their diet every four years for 18 years.

During the study, 405 heart attacks occurred. The researchers found that women who ate the most blueberries and strawberries had a 32% reduction in their risk of heart attack compared to women who ate the berries once a month or less, even in women who otherwise ate a diet rich in other fruits and vegetables. The findings were independent of other risk factors, such as age, high blood pressure, family history of heart attack, body mass, exercise, smoking, caffeine or alcohol intake.

"We have shown that even at an early age, eating more of these fruits may reduce risk of a heart attack later in life," said study investigator Aedin Cassidy, who is with Norwich Medical School of the University of East Anglia in Norwich, United Kingdom. ♦

John Schieszer is an award-winning national journalist and radio broadcaster. The Medical Minute. He can be reached at medicalminutes@gmail.com

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AARP Editorial Opinion

A Chained CPI Is Not Fair to America's Veterans

...by John Barnett,

AARP Washington State President



John Barnett

A little-understood proposal to cut federal spending would demand sacrifice from a group that has given more than its share — our nation's veterans, including those

with severe disabilities and elderly survivors of World War II.

The proposal, known as the chained CPI, is touted as a more accurate way to compute cost-of-living adjustments to federal benefits than the current inflation index. Unfortunately, that's not true for older Americans, including many veterans and people with disabilities, whose hard-earned benefits would no longer keep up with inflation if this proposal takes effect.

Even more troubling, permanent adjustments for the cost of living take a bigger and bigger bite over time. The effect would be a stealth and growing benefit cut for the rest of a veteran's life.

"America's heroes deserve better from a grateful and caring nation," declared Barry A. Jesinoski, executive director of Disabled American Veterans, in a letter to Sen. Bernie Sanders of Vermont.

A chained CPI underestimates the health care spending of seniors, as well as others who may have chronic conditions and disabilities, because it is based on a younger, working population. Further, it overestimates the ability of older veterans and many others to substitute services and products when prices rise. While veterans may qualify for Veterans

Administration health care coverage, rising health care costs have forced many to pay an increasing amount out of their own pockets.

Nationally, 23 million veterans would lose an estimated \$17 billion over a 10-year period. In Washington State that would translate to a loss of \$458 million for 612,000 veterans over the next decade.

Reductions would also build up for Social Security benefits, which millions of veterans depend on as the foundation of their financial well-being in old age. Under a chained CPI, a retiree who lives to age 92 would actually lose a month's worth of benefits each year.

For people who survive on modest, fixed incomes, every dollar counts, and this proposal would mean real sacrifice. Under a chained CPI, the outlook becomes bleaker the longer you live. That is because the benefit cut grows over time, and the gap continues to widen between current law and the benefit cut under a chained CPI. Adequate inflation protection is crucial, especially for those who are unable to compensate for losses in their purchasing power.

Now, I want to be clear about something: Veterans respect the value of personal sacrifice. They know what it means to step up, and they have proven this in their actions. Veterans also understand the need for fiscal discipline. Their lives are testament to a belief in keeping America strong.

But budget decisions should be fair, and promises should be kept. Reducing the cost-of-living adjustment by shifting to an improper formula falls short on both counts. That is why the American Legion, Disabled American

continued on page 12

Moving Mother

...by Mary Struck

It was 10 years ago that I moved my 83-year-old mother from a one-bedroom to a studio apartment. It was an archaeological expedition as I uncovered the layers of her stuff accumulated over a long lifetime.

Moving Mother was exhausting. In order to keep a positive attitude, I began to think about how mother's stuff represented her values, beliefs and the times she was raised. In the 22 years mother had been a widow and lived in her apartment, much of her stuff had not been used in a long time. However, everything was in good condition and protected in plastic bags.

Mother was born in 1919 in Toledo, Ohio. She lived in one home until we moved west in 1950. Mother was strongly influenced by five main beliefs. The Catholic religion is the one true faith, cleanliness is next to Godliness, waste not, want not, be prepared for the unexpected, and a penny earned is a penny saved.

Mother had religious icons everywhere. Pictures of Jesus and the Virgin on her walls, holy pictures and prayer books in her drawers and her bedside rosary, all had to be packed away. Mother's religious beliefs were primal and not to be disturbed. The rituals of the Catholic Church sustained her.

Mother loved washing and took pride in her housekeeping skills. Clothes were always freshly washed and pressed; however, mother never wore her "good" clothes around the house. There are clothes for everyday and clothes for church and special occasions and their segregation is forever.

Mother is of the generation, maybe the last generation, who believed the word "duty" was not a swear word. She was dutiful in caring for her parents until their deaths, dutiful in raising her children and as a wife to a difficult husband who



Mary and Mother: (l-r) Ethel Blondo and Mary Struck

made her life a crown of thorns. And of course, she was a dutiful Catholic, never doubting the existence of heaven and hell and never questioning the church's rituals or rules.

Mother had cleaning potions for every purpose under the sun. Dust and dirt are the enemy and everything Mother stored in her apartment was in plastic bags and tied in double knots. Mother had not one but three dust mops and two vacuum cleaners. In her bathroom there were a dozen cleaning cloths and every cloth had its specific job in the ongoing battle against dirt and dust.

Mother took good care of all she owned because you never know if you can afford to replace something if it is broken or worn out. She also believed in having extras of everything and two toasters were found in her cupboard just in the case the one on the kitchen counter stopped working.

Mother was prepared for any disaster. Jugs of water were ready in the kitchen, there was a flashlight in every room with extra batteries nearby and at least two portable radios. Earthquake or terrorist attack, mother was not going to be caught in the dark or without water.

Moving Mother took three weeks. It was exhausting and many times, my patience was tested. However, it was a worthwhile exercise because I learned a new appreciation for Mother's basic black and white values that gave her life security and purpose. Mother was not educated and she never had

continued on page 12

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Is it time to consider a move? Twice each year Northwest Prime Time brings you our Retirement & Assisted Living Communities Guide. As the experts say, even if you are healthy and active and don't foresee a move anytime soon, planning ahead will maximize your options. See our Sampler of Retirement Housing Listings on pages 14-17.



The Art of Downsizing

...by Tait Trussell

For many seniors, move is a four-letter word. It has so many complications.

Many older people not only lack the strength and energy to move heavy boxes and furniture, they have to figure what to do about a half-century of memorabilia. What do we keep? What goes?

But a move to downsize your shelter doesn't have to carry a full load of maddening frustrations, although problems do exist with some families who are empty-nesters and want smaller quarters.

If you are in the downsizing mode, you probably have been looking around at all your unused space, since the kids are gone, and wondering why you need to keep heating and electrifying what has become a relatively empty mansion. In a minority of families, the young ones may still live at home because they can't find a job in these troubled times of high unemployment. But most parents have trust that such high unemployment won't last forever.

With the real estate market still fragile, it's only the lucky couples who are fortunate enough to sell the old homestead for more than they expected the home may be worth.

Even a decade or so or so ago, older adults who moved, whether because of a job loss or the loss of a spouse, downsizers didn't receive much of a windfall either, according to Boston College's Center for Retirement Research.

Retirement real estate experts advise that movers should try to sell their present home before buying a new house, even if you have to move twice. You don't want to be carrying two mortgages while owning two residences at once.

A professional organizer and author, Marcia Ramsland of San Diego, recommends taking pictures of different parts of your home before dismantling it preparing for a move. That's one way to keep memories alive.

Others in the ranks of professional moving advisors advise: Take with you only what will fit your future lifestyle. If you don't plan to entertain a lot, there's no use taking a ton of plates and other serving equipment to your new residence.

Laura Feauto, a move manager for seniors, takes on an array of responsibilities, from finding a charity for unwanted clothes, dishes, and tools to deciding what furniture is truly necessary. But it's not easy. Sometimes a chair is just a chair. Sometimes it's a symbol of where grandmother used to sit doing her knitting.

Major downsizing is necessary when you are moving from a large house to an apartment in an assisted-living facility. Feauto uses scale models of furniture and a floor plan of the new residence to see what can fit where.

Estate auctions, charitable organizations, and consignment shops can be useful in disposing of excess

possessions. But clothing is one of the most difficult problems, says Feauto. When was the last time you worn that suit?...or do you think you'll really need that tuxedo again?...are typical questions to raise.

But a move to downsize your shelter doesn't have to carry a full load of maddening frustrations

What about all those books? Your children may want some inscribed by the author. But scores have been sitting on their shelves for decades, never to be read again by you.

I have gradually been taking bags of books to our local library. They give me a receipt so I can deduct their worth for tax purposes. We aren't downsizing. But I won't live forever, and my wife will have enough to get rid of without dealing with hundreds of books.

Feauto helps pack boxes, arranges for the moving van and even supervises unloading in the new home. Professional moving managers have multiplied because frequently children who might ordinarily help with moves now live and work across the country and aren't readily available.

These days, when seniors are living longer but often aren't able to do heavy yard work or throw big parties, downsizing is the natural and practical decision for many seniors. ♦

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Home is Where the Heart Is

...by Chris Serold

I have a love-hate relationship with my house! There, I've said it. If we're honest, I bet most of us share that sentiment. However, rarely do I hear people say they hate their house. On the contrary, most often I hear how much folks love their dwelling place. Sure, I love my house when friends are over and the fireplace provides a warm and inviting backdrop for our friendly conversations. And I love sitting in the backyard when the regal dogwood debuts in an elaborate spring dress of pure white flowers signaling its elite status in the garden. Oh how I savor the "oohs" and "aahs" from my neighbors!

But I hate it when the metal railing needs to be painted and my intentions are to do so but a couple years go by and I watch the rust grow on the railing 'til the only hope is a professional that will salvage it and reverse the neglect (are you feeling fatigued, yet?). Yes, sooner or later neglect comes calling.

I remember the day I sat on the verandah of the home across the street visiting with my neighbors, Kathy and Paul. Looking back at my home across the street, I became fixated on what appeared to be a missing shingle on my roof. I said, "Paul, does that look like a missing shingle on my roof?" I was so agitated I made him retrieve his binoculars. Sure enough, those things don't lie: I had a missing roof shingle. Freaking out, I left the good company of my neighbors and called a roofing company immediately. My orders were to not only replace the shingle, but to inspect the entire roof for other loose or missing culprits.

For weeks I wondered just what might have happened if I hadn't been across the street looking back at my house. It's the part of home ownership that makes me crazy. I'm forever wondering what might be lurking in the walls, under the ground, or anywhere invisible to the naked eye. And in this climate, one word is enough to terrify any homeowner: WATER. Yes, I'm paranoid about water and just where it is running around in my house. I figure if I remain paranoid and on top of every little creak, ghost and demon, I might (just might!) get out of this house someday with everything intact and functioning. And I might (just might!) walk away with a shirt on my back and

shoes on my feet. Maintaining a home is not my natural instinct. Although I manage, it is definitely not my comfort zone.

Recently I heard the saga of selling a home that made me ask, "Why do we do this to ourselves? Why do we want to punish ourselves like this? Why aren't we living in tents (or at least a friendly commune where everything is taken care of)?"

Here's the saga: my friend was tired of home ownership. The house was too big and the garden too much work. He called his realtor and set in motion the sale of his house, which triggered



Chris Serold's garden sanctuary

the obligatory visits from an appraiser and an inspector. The inspector said the roof was faulty. How could that be? The roof had been replaced only three months earlier. A meeting of all the players (i.e. a representative from the company that manufactured the roof material, the installer, the realtors, the buyer and the seller) at the same time and place seemed the best possible way to address questions. Any concerned party who wished to inspect the roof in question, could do so. The meeting occurred and, wouldn't you know it, the roof was no longer an issue. As my friend testified, the roof had indeed been replaced and installed correctly and there was a warranty in place.

But we still have to inspect the sewer, folks. The Roto-Rooter couldn't get through the side sewer, so it was determined that a "cleanout" needed to be installed. This involved digging up the backyard and a portion of the neighbor's backyard. Naturally, this did not solve the problem. The bad news: a segment of the sewer was so clogged that the whole section of pipe needed to be replaced. Commence more digging.

After two weeks of tireless work, finally the yard was tidied and ready

to go forward with the sale. The buyer now went back to the mortgage company to pursue the loan only to be told that the house would need to be re-assessed since two months had gone

by and the house may have changed in value. Exhausting.

For now, I am still in my house. But I often contemplate what life will be like when I choose to leave it. First, I hope I leave gracefully (and shirted and shod). I hope I leave thankful for the years I've spent in my home; for the shelter it has provided; for the memories I created with friends and

family, and the stories that marked the years. I hope I leave it spotless for the next occupant: scrubbed woodwork, painted walls, cleaned carpets, and sparkling windows.

And this is near to my heart: of

course I want to leave a friendly garden that will provide the sanctuary and solitude I've so enjoyed. My home and garden are sacred spaces for me, worthy of the many unique friends, family and visitors who spend time and break bread with me. When I leave for the last time, I hope I will close the door and turn the key with a respect and reverence for the structure I've called home.

I will then turn my sights on what is next. For most of us it is an apartment in a retirement home and I can confidently tell you I will be among them. Having worked in retirement housing for so many years,

began to multiple again. I asked her to please start wearing her "good" clothes around the house, to use her "good" dishes for everyday and to maybe remove the cover from the sofa. However, I accepted this would never happen. She is "mother" who has been formed by many life events and in her eighties, she was still energetic, clear-minded and consistent in her values and beliefs.

The great thing about a retirement community is that beyond the walls of my apartment are so many shared spaces...in essence, my home will be a larger, not smaller place



Welcome to Chris' Corner! Chris Serold is delighted to once again contribute to Northwest Prime Time. Chris draws on a 25 year career in the senior housing industry to offer insight and perspective on topics of interest to today's retirees. She looks forward to sharing her expertise with Northwest Prime Time readers, and welcomes suggestions, questions and feedback. Chris invites you to e-mail her at chris.serold@chateauallc.com

I am looking forward to opening an apartment door onto a blank canvas. I'm eager to create again a smaller, more manageable but equally inviting space for myself and all who visit me. The great thing about a retirement community is that beyond the walls of my apartment are so many shared spaces to spend time and break bread with friends and family—in essence, my home will be a larger, not smaller place.

Of course, all that fretting over missing roof shingles, sewer problems, rusted railings, and the myriad of other homeownership issues will no longer be mine. I will meet new people and make new friends, I will feel a sense of safety and security, and as so many studies now show, I will live a long and happy life thanks to the direct health benefits of being in a truly social environment.

Happily, home maintenance, cooking, cleaning and housekeeping will belong to someone else. I will spend my day reading, and discussing the latest news events with new found table mates. I will get the latest Lego

kit and invite my grandkids to help put it together. I will sit with those whose losses are recent and who are in need of revisiting cherished memories. I will find a trail to explore. It will be a different home than the one I left, but it will beckon with a

sense of happy promise and adventure. I, for one, am going to be up for it. ♦

If you would like information about Chateau Bothell Landing or to schedule a tour and free lunch, please call Community Relations Director Mary Benz or Rob Finley at 425.485.1155 or email Mary.Benz@chateauallc.com. Visit our website at www.chateau-bothell-landing.com

A Chained CPI

...continued from page 10

Veterans, Iraq and Afghanistan Veterans of America, and more than a dozen other veterans' organizations oppose the chained CPI.

Surely, our great nation can find a way to strengthen its finances without taking even more from those who already have given so much. ♦

Moving Mother

...continued from page 10

a career outside the home but she never doubted what was important to her and who she was. She did her duty as a daughter, wife, mother and Catholic.

Soon after Mother settled in her cozy studio apartment, I noticed that the cleaning cloths and plastic bags

But please, Mother, I said, keep those cleaning cloths under control.

Mother lived in her little apartment until she had several falls and needed more care. I moved her one more time to assisted living where she had a peaceful year through the end of her days. ♦

Mary Struck, M.A. is a Seattle area writer and dutiful firstborn daughter.



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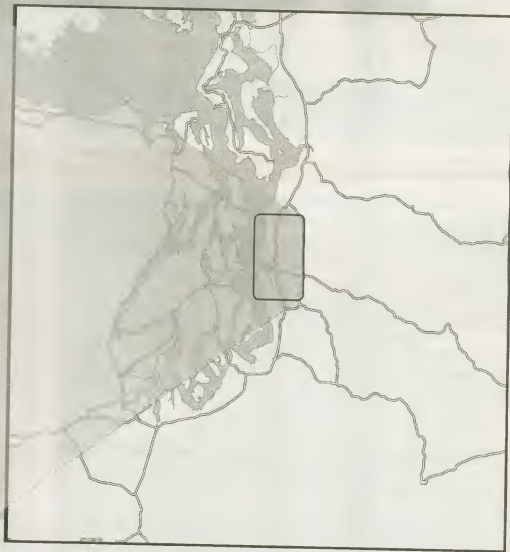
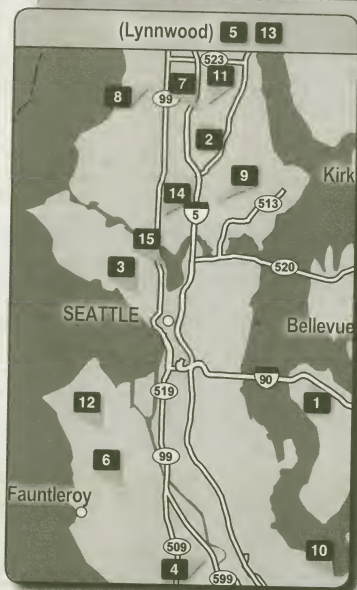
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Retirement Living Sampler Seattle Area & Points North

Organized by region: Seattle & Points North;
Eastside; South King, Pierce, & Thurston Counties

including: Burien, Lynnwood, Mercer Island, Seattle

1. **Aljoia Mercer Island:** 2430 76th Avenue SE, Mercer Island, WA 98040 • 206-230-0150 • eraliving.com
2. **Aljoia Thornton Place (North Seattle):** 450 NE 100th Street, Seattle, WA 98125 • 206-306-7920 • eraliving.com
3. **Bayview Retirement:** 11 West Aloha St. Seattle, WA 98119 • 206-284-7330 • bayviewcommunity.org
4. **Boulevard Park Place:** 2805 S. 125th St., Burien WA 98168 • 206-243-0300 • www.boulevardparkplace.com
5. **Chateau Pacific:** 3333 148th St SW, Lynnwood, WA 98087 • 425-787-9693 • www.chateaurretirement.com
6. **Daystar Retirement Village:** 2615 SW Barton St., Seattle, WA 98126 • 206-937-6122 • www.DaystarSeattle.com
7. **Foundation House at Northgate:** 11301 3rd Ave. NE Seattle, WA 98125 • 206-361-2758 • www.FoundationHouseNG.com
8. **Ida Culver House Broadview:** 12505 Greenwood Avenue N., Seattle, WA 98133 • 206-361-1989 • eraliving.com
9. **Ida Culver House Ravenna:** 2315 NE 65th Street, Seattle, WA 98115 • 206-523-7315 • eraliving.com
10. **The Lakeshore:** 11448 Rainier Avenue S., Seattle, WA 98178 • 206-772-1200 • eraliving.com
11. **Northaven Retirement and Northaven Assisted Living:** 11045 8th NE Seattle, WA 98125 • 206-365-3020 • www.northaven.com
12. **Providence Mount St. Vincent:** 4831 35th Ave SW Seattle, WA 98126 • 206-938-6036 • www.providence.org/themount
13. **Quail Park:** 4015 164th St SW Lynnwood, WA 98087 • 425-640-8529 • www.quailparkoflynnwood.com
14. **University House Wallingford:** 4400 Stone Way N., Seattle, WA 98103 • 206-545-8400 • eraliving.com
15. **Viewpointe on Queen Anne:** 2450 Aurora Ave N. Seattle, WA 98109 • 206-282-5777 • www.theviewpointeapts.com



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Seattle Area & Points North

Community Name	Independent	Assisted	Skilled Nursing	Memory Care	Total Number of Units	Studios	1-Bedroom	2-Bedroom+	Dining Room/meals	Pets	Entrance Fee	Cost Range	Ad located on page...
1. Aljoia Mercer Island	X	X	X	X	114	X	X	X	3	X	Yes	Please call: (206) 230-0150	23
2. Aljoia Thornton Place	X	X	X	X	143	X	X	X	3	X	Yes	Please call: (206) 306-7920	23
3. Bayview Retirement	127	44	50		57 (ind)	63 (ind)	7 (ind)	yes	yes	\$1K	Yes	Independent Monthly range \$1920-\$4525	13
4. Boulevard Park Place Active Retirement Living	X				126	X	X		X			\$1,395 - \$2,145 utilities included	19
5. Chateau Pacific	71	65		X	136	yes	yes	yes	X	yes	none	\$1,700-\$4,130	12
6. Daystar Retirement Village	X	X			110	X	X	X	X	X	None	From \$1,995	14
7. Foundation House at Northgate	X	X			104	7	71	26	X		None	Month-to-Month Rentals \$1,379 - \$5,055	13
8. Ida Culver House Broadview	X	X	X	X	319	X	X	X	3	X	No	From \$2,600	23
9. Ida Culver House Ravenna	X	X			90	X	X	X	3	X	No	From \$2,150	23
10. The Lakeshore	X	X			158	X	X	X	3	X	No	From \$2,200	23
11. Northaven Retirement and Northaven Assisted Living	194	40			234	174	60		X	X	None	Assisted Living: \$3,600-\$4,100 Independent-HUD based on income	10
12. Providence Mount St. Vincent		X	X	X	316					yes	(206) 938-6248 for details	Call (206) 938-6248 for current rates	5
13. Quail Park	X	X		X	130	68	37	25	X	Yes	One time fee of \$750	\$2,195- \$5,500	24
14. University House Wallingford	X	X			146	X	X	X	3	X	No	From \$2,800	23
15. Viewpointe on Queen Anne	X	X			112 apts	X	X	X	X	X	\$800-\$1,500	\$1,200-\$4,000	24

F.Y.I.

continued on page 16

Seattle Area Real Estate Report

According to recent numbers from the Northwest Multiple Listing Service (NWMLS), the number of homes under contract surged 34.26% in January 2013 over December 2012. And, home prices were up nearly 11% over January of 2012. Inventory (number of homes on the market) in King and Snohomish Counties continued at low levels, with 48%

fewer homes available to buyers in January as compared to the year before. Based on market trends, we expect the coming year will bring even more stability to the Seattle area housing market, with home prices and home sales continuing their upward trend. However, if inventory remains low, we also expect that many more buyers will be facing an uphill battle to find a home that meets their needs at their price.

Right now, it's a seller's market in the Seattle area.

--Statistics from the Northwest Multiple Listing Service

Seattle Veterans Museum

November was a tough time for the Seattle Veterans Museum (SVM), when it closed its doors due to lack of finances. But then a call came in from the Everett VFW Post 2100, which opened its doors to the museum,

granting a temporary home. The SVM plans a large display of military uniforms, gear, artifacts and personal stories of veterans at the new location, 2711 Oaks Avenue in Everett. The all-volunteer non-profit, established to honor military veterans, is reaching out to the public for visitors and support. For more information visit www.seattleveteransmuseum.org or call Todd Crooks, SVM President, 425-949-8821.

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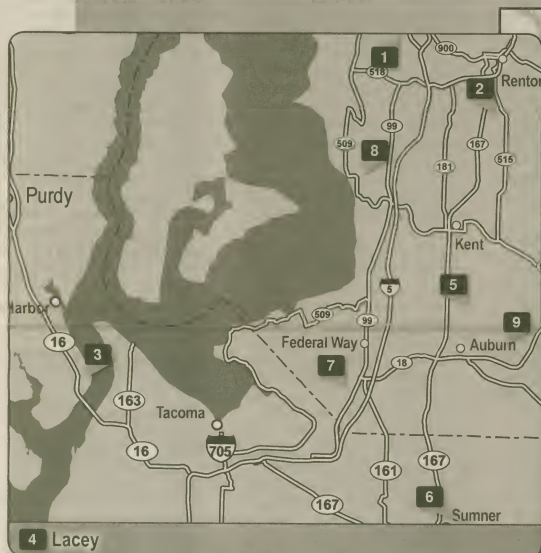
Retirement Living Sampler

South King, Pierce, & Thurston Counties

Organized by region: Seattle & Points North;
Eastside; South King, Pierce, & Thurston Counties

including: Auburn, Burien, Des Moines, Federal Way,
Gig Harbor, Lacey, Renton, Sumner

1. **Boulevard Park Place:** 2805 S. 125th St., Burien WA 98168 • 206-243-0300 • www.boulevardparkplace.com
2. **Chateau Valley Center:** 4450 Davis Ave S., Renton, WA 98055 • 425-251-6677 • www.chateauretirement.com
3. **Harbor Place at Cottesmore:** 1016 29th St NW, Gig Harbor, WA 98335 • 253-853-3354 • HarborPlaceRetirement.com
4. **Panorama:** 1751 Circle Lane, Lacey WA 98503 • 360-456-0111 • 1-800-999-9801 • www.panoramacity.org
5. **Parkside Retirement Community:** 2902 I Street NE, Auburn, WA 98002 • 253-939-1332 • www.parksideretirement.com
6. **Stafford Suites - Sumner:** 15519 62nd St. Ct. E. Sumner, WA 98390 • 253-862-1818 • www.staffordsuites.com/sumner
7. **Village Green Retirement Campus:** 35419 1st Ave S. Federal Way, WA 98003 • 253-838-3700 • www.VillageGreenRetirement.com
8. **Wesley Homes Des Moines:** 816 S 216th St, Des Moines, WA 98198 • 206-824-5000 • www.wesleyhomes.org
9. **Wesley Homes Lea Hill:** 32049 109th Place SE. Auburn, WA 98092 • 253-876-6000 • www.wesleyhomes.org



South King, Pierce & Thurston Counties

Community Name	Independent	Assisted	Skilled Nursing	Memory Care	Total Number of Units	Studios	1-Bedroom	2-Bedroom+	Dining Room/meals	Pets	Entrance Fee	Cost Range	Ad located on page...
1. Boulevard Park Place Active Retirement Living	X				126		X	X		X		\$1,395 - \$2,145 utilities included	19
2. Chateau Valley Center	73	60		X	133	yes	yes	yes	X	yes	none	\$2,180-\$4,790	12
3. Harbor Place at Cottesmore	X	X	X		100	13	76	12	3	Yes	\$1,500	Independent Living starting at \$2,500 Assisted Living starting at \$2,900	18
4. Panorama	820	40	155	yes	1,015	20	289	551	yes	yes	\$45,000 - \$410,000	Monthly Fee range: \$910 - \$2,550	15
5. Parkside Retirement Community	99	96			195	yes	yes	yes	2	yes	none	\$1,045 - \$2,675	15
6. Stafford Suites - Sumner	72	72	0	0	72	27	39	6	3	yes	\$600	\$2,252 to \$4,094	n/a
7. Village Green Retirement Campus	X	X			165	X	X	X	X	X	None	From \$1,995	14
8. Wesley Homes Des Moines	326	39	148	X	513	X	X	X	X	X	Varies	Call 206-824-5000 for current rates	11
9. Wesley Homes Lea Hill	127	32		16	175	X	X	X	X	X	Fully Refundable	Call 253-876-6000 for current rates	11

The Funny Side of Life

Three Old Friends

...by Sy Rosen



Sy Rosen

We were three old friends having breakfast at Art's Deli. Actually, we weren't that old, just in our sixties, but sitcom writers age in dog years so we were each

about 450 years old.

You see, Hollywood likes younger writers and even though we tried dying our hair, lying about our age and using words like "dude" we were still obviously older than the average comedy writer. And so the three of us, Larry, Carl and I, met each week for breakfast to seek comfort and solace in each other's company.

Carl said, "It's good to see you guys and these eggs are dyn-o-mite." Carl worked on *Good Times* for two years and often claimed that he came up with J.J.'s catchphrase. He thought saying "dyn-o-mite" enough times would prove his claim.

"Kiss my grits," said Larry who worked on *Alice* for three seasons and always tried to subtly remind us of that fact.

"Will you two please gimme a break," I said. Yep you guessed it. I worked on *Gimme a Break* for two years.

The waitress came over and Larry said, "Marcia, Marcia, Marcia."

"My name is Susan," she replied a little annoyed.

Larry stammered that he was just trying to be funny.

"Trying is the key word," said Carl. Larry went on to tell the waitress that she reminded him a blank stare and left.

"Do you think she likes me?" Larry asked.

"Yes, I think you just met your future ex-wife," I replied.

As Carl laughed, a little bit of coffee dripped onto his chin. This led to a heated debate as to which comedian had in his repertoire the best spit take. (We had a lot of time on our hands.) Finally, after much discussion, we decided on Danny Thomas.

We then did what all unemployed comedy writers do – we criticized the shows that were now on TV. "They just don't know comedy." "They're trying so hard to be hip that they're not funny."

"Would you go to work on one of them right now?" I asked.

"Absolutely," Larry replied.

"In a second," Carl chimed in. I then asked Larry if he had any job possibilities.

"No, but my agent is looking," he replied.

"That's good," I said.

"Unfortunately he's looking for his car keys. He hasn't left his house in ten years."

"That's funny," I said. "How long have you been working on that one?"

"About two days," Larry sighed. (Like I said, we had a lot of time on our hands.)

We then got down to a serious talk about not having work. About how work was a large part of our identity and how we felt lost. We talked about writers we knew who had moved away or passed away. It was a sad conversation but it was real and we needed it.

And then breakfast was over and it was time to say goodbye until next week.

"Say goodnight, Grace,"

Larry said doing his George Burns impression.

"Goodnight Mrs. Calabash, wherever you are," Carl said doing his best to sound like Jimmy Durante.

I looked at them. Did we have to go back to hiding behind jokes and catchphrases? Couldn't we just say a real, heartfelt goodbye to each other?

I stared at them for a few seconds and then said in my best Jackie Gleason voice, "And away we go!"

Hey, we are who we are. ♦

The ongoing life-affirming adventures of Rose and Dawn
What's This Facebook Thing, Anyway?

...by Diana Couture

Rose and Dawn had taken the bus downtown and were dining at a second story window seat at Il Forno watching the Seattle workers rushing by. "I wonder where they're all rushing to," Dawn said plaintively. "Sometimes I wish I had somewhere to rush to."

"Are you kidding? These are the days we rushed around to get to. Remember? Let me remind you of the heat of that school kitchen and the number of burns we got on our hands and arms when we were assigned to the baking detail. No ma'am, I don't ever want to rush to work again."

"I guess you're right," sighed Dawn. "Sometimes I think I feel useless." Rose cocked her head at that announcement. "Again, I say, are you kidding? You take care of your great-grandchildren sometimes, you work at the food bank three days a week and you maintain a friendship with a slightly cranky best friend. All of these things take a lot of work and time."

Both of the girls smiled at this. Friendship did indeed take a lot of time but the investment was so worth it. Just then, the waiter brought their lunch of angel hair pasta pomodoro. He shredded the Romano cheese, smiled and left them to their repast.

Rose leaned down to sniff her food. "ROSE! Don't smell your food! Don't you know that's considered rude?" "What? Rude to smell the deliciousness of the meal? To revel in the aroma of the artistry from the kitchen? I can't believe that would be rude," Rose countered. "Well, when you put it that way..." and Dawn took a big sniff. "Delectious!"

After lunch they decided to walk briskly to the bus. The walk started out robustly but as they came to the uphill part of their trek they slowed down and eventually took a seat at a bus stop, not the right one for them, just for a rest.

Rose looked at all of the people sitting near them and at the people walking past. In each case the stranger was looking at some device; sometimes small, like a package of cigarettes and sometimes larger, like a folded newspaper. She knew about cell phones. Both she and Dawnie had them for safety and convenience. But they didn't type into theirs. She



turned to Dawn with a puzzled expression and asked, "What in the world are all of these people doing? They're all typing and walking and reading at the same time. That can't be safe."

But WHAT could be so important that it needs to be seen right now?"

Dawn yawned to take in extra oxygen after their uphill hike and said knowingly, "It's probably the Facebook thing." "What's a Facebook? And how do you know about it?" "You know, it's where everyone has 'friends' and they 'friend' you and then you type to each other and find out what's what and who's who," Dawn explained. Rose looked at her with concern. "And isn't what you just described a...uh, well, a conversation?"

"Uhm, yes I guess so, it's just the way the kids these days do it. I guess they don't like to look directly at each other when they're communicating," Dawn said a little defensively. "Ha! You're so funny, Dawnie. You're making this stuff up, aren't you?" Rose bounced back. "The next thing you're going to tell me is that they ask each other out on dates using the Facebook."

"Yes, I believe they do."

Dawn posed. "They meet each other online and then talk on the Facebook and then text pictures of themselves and...well, I'm not sure what happens after that." Rose was laughing loudly and drawing the attention of some of their fellow bench-sitters.

"Honey, I just can't believe this. How will the species survive with all of this technology and no direct contact? I mean really...there are things that one just can't accomplish with a computer. Ahem. Like holding hands, or staring into each other's eyes or, well...you know kissing and stuff."

The young woman sitting next to Rose was quietly giggling. Rose whipped her head around and looked at her. "And what's that giggling about, young lady?" Rose quipped. "Oh nothing. It's just that I've had this same conversation with my granny. And she's far away and I feel very much at home sitting here listening to your sweet voices." The girls melted. They smiled and patted her shoulder. Rose spoke first. "If I had the Facebook, I'd be your friend." ♦

Pat D'Amico is out with a 32-page, greeting card sized booklet called *Thwarting Father Time*. It is a compilation of the verses that have appeared in *Northwest Prime Time* over the last eight years. To order, please send \$5.95, postpaid in the USA, to Pilot Publications, 5203 111th Ave. NE, Kirkland, WA 98033 or contact pat@lightversespoetry.com.

You can read Pat's thoughts on writing light verse on *Northwest Prime Time's* website at northwestprimetime.com/news/2013/mar/11/light-twist/



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(plant a 4-Down)

...by Len Elliott

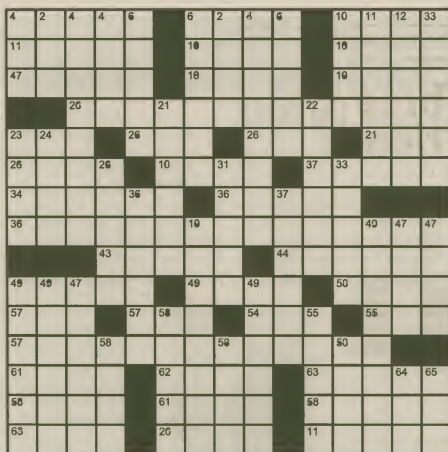
Across

1. Sail supports
6. Capital of Yemen
10. My dog would ____ at the mailman
14. Ancient Greek marketplace
15. "...46-Down ____, speak..." (line spoken with three monkeys in mind)
16. Middle of a palindrome involving Napoleon: 2 wds.
17. Thin, cooked cereal
18. End of a boast by Caesar
19. Australian ratites
20. Poetry collection by Walt Whitman
23. Place to get 20s: abbr.
25. "____ Rosenkavalier"
26. Racer Fabi or Notre Dame player Manti
27. Rep.'s foe: abbr.
28. Study late for an exam
30. Radar O'Reilly's soft drink brand
32. Air freshener brand
34. Sun again
36. Diarist Nin
38. It was established by Article II of the Constitution
43. Win by ____ (edge out): 2 wds.
44. ____ suit (of tailoring): 2 wds.
45. Vincent van Gogh's brother and namesakes
48. Nest egg components: abbr.
50. "M*A*S*H" actress Loretta
51. Late in the day, to Donne

52. Directional suffix
54. Rent
56. NNW opposite
57. Once fashionable style of luggage (also the name of a novel by Edna Ferber and an erstwhile restaurant in the Overlake area)
61. Speaker in the baseball Hall of Fame
62. "____ boy!"
63. Carpenter's supply
66. They accompany cover letters: abbr.
67. She and Sonny sang together
68. Mr. T's outfit: hyph.
69. Syracuse fans ____ for the Orange
70. Partner of "haws"
71. Mattress maker

Down

1. Periodical, for short
2. Cabinet department that oversees our national forests: abbr.
3. Person with whom one has a strong affinity
4. "____" Rollins stood tall in the NBA
5. First course, often
6. Dangerous, as weather
7. Hertz rival
8. Tobacco ingredient
9. "Get ____!" (figure things out for yourself): 2 wds.
10. Suds to drink
11. Spanish fleet that fell to the British
12. Employed again
13. "____ Kate": 2 wds.
21. Via ____ (posh street in Rome)



solution on page 22

22. "You ____!" (encouragement to a female): 2 wds.
23. 100 ____ Wood (place where Pooch lived)
24. Prehistoric creature, in short: 2 wds.
29. Portuguese colony, once
31. Film actress of the past June
33. Exams for future attorneys: abbr.
35. Day's end event
37. One who downgrades others
39. "____ Body Electric" (poem included in 20-Across): 3 wds.
40. One on the bunny slope, perhaps: 2 wds.
41. NFL analyst Collinsworth
42. Dislike intensely
45. Exam giver
46. See 15-Across: 2 wds.
47. Famed tenor Caruso
49. Worship areas
53. Kitchen pest
55. Albacore and skipjack, e.g.
58. Aide: abbr.
59. "Up and ____!" (get going): 2 wds.
60. NBA's Archibald or Robinson
64. Back muscle, for short
65. Wee, to Robert Burns

The 36th annual American Crossword Puzzle Tournament was held March 8-10 at the Brooklyn Bridge Marriott in New York City.



570 puzzle people assembled to test their solving skills. Six timed crosswords of varying difficulty were worked on Saturday, the seventh on Sunday morning. Accuracy and speed were the keys, with accuracy being rewarded more. *Northwest Prime Time's* crossword master, Len Elliott, competing in

his 8th tournament, came out on top in his age group (70s). Over the years, Len has won seven trophies, including third place finishes in the C and B skill categories.

Nostalgia Quiz

Leading Men and Leading Ladies

...by Durham Caldwell

1. When we hear the name Basil Rathbone, most of us think of the British actor's long run as Hollywood's Sherlock Holmes (14 Holmes movies between 1939 and 1946). But Rathbone also played some of the screen's suavest villains. He was the nemesis of some of Hollywood's most popular leading men in a) *The Adventures of Robin Hood* (1938), b) *The Adventures of Marco Polo* (1938), and c) *The Mark of Zorro* (1940). Who were those leading men?
2. Who were Cary Grant's leading ladies in a) *Arsenic and Old Lace* (1944), *North by Northwest* (1959), and *The Philadelphia Story* (1940)?
3. Who played opposite Spencer Tracy in a) *Woman of the Year* (1942), *Adam's Rib* (1949), and *Guess Who's Coming to Dinner* (1967)?
4. Who was the leading lady in all three of John Wayne's first Class A movies—*Stage Coach* (1939), *Allegheeny Uprising* (1939), and *Dark Command* (1940)?
5. Who plays a) the title role of the mobster who turns good guy and who plays b) the bad guy in *Brother Orchid* (1940)? The good guy/bad guy roles are reversed in *Key Largo* (1948).
6. Who was leading lady opposite Tyrone Power and Don Ameche in *In Old Chicago* (1937) and *Alexander's Ragtime Band* (1938)?

Answers on page 22

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Scenes From Childhood

Childhood Flashbacks from WWII

...by Rena M. Boyd

Age 5: I waved and waved from the open window until Papa had disappeared around the corner. Mama said, "Papa is going off to war." I had no idea where the war was and how long he'd have to walk to get there.

Age 8: The war had come to us.

There were bombing raids day and night over Berlin. When we could get to the shelter in time, the walls shook and plaster rained from the ceiling. First came piercing, whistling sounds, then the detonating explosions. Our little dachshund couldn't stop trembling and left puddles everywhere.

Age 10: Temporary relief – we traveled to Grandma's place in the peaceful countryside. Our rest was short-lived. The Russians were advancing, and we were on the run in one of the coldest winters. But, we wanted to be captured by the Americans. We stopped running in the Harz region and came face to face with American soldiers and their rifles.

Please send us your Scene from Childhood. Submit no more than 300 words, including a brief author bio and a childhood photo. Articles and photos can be emailed to Suzanne Beyer at DLBeyer@comcast.net or mailed to NWPT, PO Box 13647, Seattle, WA 98198. All submissions become the property of NWPT. Since photos will not be returned, send a photo quality copy. Each Scene contributor will receive a one-year subscription to Northwest Prime Time.

I asked Mama, "Are they going to shoot us now?"

"No they're not," she said.

Mama spoke English and translated my question to the American soldier nearest to us. He lowered his rifle, reached in

his pocket and pulled out a flat little piece of something wrapped in silvery paper. He handed it to me. I had no clue what it was. I'd never seen chewing gum before.

Fast forward 12 years...I had been pen pals with an American from Montana. Out of the blue, he came to visit me in Germany. After a whirlwind courtship, we got married twice, once in a civil ceremony and then in a church. He returned

to the United States and I stayed behind waiting for my visa. When I finally landed in New York by ship, my husband was there to greet me. I was over the moon, not only to see him again, but to explore this new, vast country, the United States of America. ♦

Rena Boyd writes poetry and short stories. Her recent memoir, "My Story, My Journey" can be previewed (first 15 pages) at www.blurb.com (from the bookstore link.)



Rena Boyd on roller skates, 5 years old, Berlin, Germany.

Writing Corner

Beating Writer's Block

...by Arielle M. Huff



Arielle M. Huff

Only two causes for this problem exist and both have good solutions.

1. Mental reason: Attempting all the stages of the writing process in a first draft.

Solution: Allowing a different time or papers to brainstorm (right brain function) and outline/research (left brain functions). Then, rough draft and let that gel (24 to 48 hours, if possible) before revising and editing.

2. Emotional reason: Forcing a writing project that is too sensitive. Solution: Waiting until the time feels correct. Everyone has a different comfort level for, say, writing about the loss of a loved one or a traumatic work experience. Find a comfortable topic in the meantime.

A student's piece about finding help from an unusual muse.

The Hummingbird Method

Rufus is my muse. He keeps my writing projects moving forward. Why a male muse? You see, I am a writer with Attention Deficit Disorder (ADD). A female muse inspires ideas, whereas I need strategies.

Handsome and industrious, Rufus' micro-feathered cloak is rusty brown, his wings—shades of grey and black. Most striking are the iridescent copper on his throat and white stripe on his chest.

Hovering at the red feeder on my deck, his wings whirring, Rufus dips



his long black beak into a plastic daisy. He sips sugar water for up to fifteen seconds and then takes a break.

This is how I must write. I must break away when creativity wanes and frustration creeps in or I will become blocked and miserable. In the past, my writer's block continued for days or months at a time. Often, I'd throw the draft away and start over.

Between sips, my hummingbird guest flies to a branch where he eats bugs, a critical part of his diet, and guards his turf until he is ready for more nectar. During my breaks, it is critical that I do mindless activities, such as wash dishes, take a walk, or meditate—my version of eating bugs—until ideas flow again.

I believe that writers need to protect their turf, something I have not done well. A few years ago, I wrote an educational workbook for a nonprofit organization and neglected to register the copyright. A new director came along, added material, replaced my name with hers, and sold it to the state. After I complained, the state agreed not to publish it, but the nonprofit continued using it. I swallowed my anger rather than fight for fear of embarrassment.

However, my muse protects his territory with a vengeance. Wikipedia says that a Rufous Hummingbird "will be brash, bold, very vocal, and mean as sin." When Rufus chases after another bird, his beak looks like a sword poised for a kill. He inspires me to be more protective of my work.

Thanks to Rufus, I wrote this piece without a single writer's block or prolonged frustration. Is Rufus a magic bullet? Not entirely. He cannot work his magic unless I commit to his strategies.

Wanda Fuller ♦

Edmonds Sr. Center: Monthly Writer's Group 4/19, 5/17, 6/21 1-3pm \$12 per session. Work on your life story, a novel, poetry, any project.

Poetry Corner

Poems to Arielle Huff at arielle@comcast.net

"Oh, Dollar Store"

(to the tune of "Oh Christmas Tree.")
Oh, Dollar Store, Oh, Dollar Store,
how I love your stuff galore!

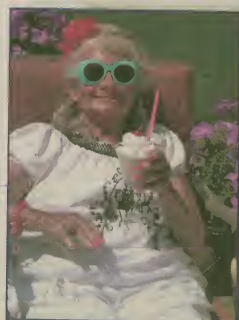
"The Wind Sock"

There's something 'bout a windsock
Blowing in the breeze,
Dancing in the sunshine,
Whispering to the trees

From China's shops and places far,
from laden shelves out to my car,
thence to my house to cupboards fill,
all shelves piled high: oh what a thrill.

That sets your heart to singing,
Brightening your day.
That bobbing, waving wind sock
Melts your cares away!
--Bobbie Peterson

Oh, Dollar Store, Oh, Dollar Store,
Your trinkets cheap I so adore.
--Barbara Ruby



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A Calendar of Places to go,
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Senior Events

Healthy Aging Lecture

Apr 4, 2:40pm, "Nutrition IQ" UW panel discussion, reception and student presentations follow the discussion, free and open to the public. Tower Auditorium (Mezzanine level), 4333 Brooklyn Ave NE, Seattle. RSVP 206-614-6276, www.gingcenter.org

Senior Theatre Festival

Apr 5-7, 7:30pm and Sat at 2pm & 8:30pm, live plays, live sounds, Norton Clapp Theatre, University of Puget Sound, Tacoma. \$6-8, 253-879-6103, <http://tickets.pugetsound.edu>

Aging in Place

Apr 8 & 10, "Universal Design" workshop on making homes comfortable and barrier free, practical ideas for interior & exterior, community resources, Pierce Aging & Disability resources, Apr 8, 12:10-2:50pm, 2401 S 35th Street in Tacoma; 7:30pm, UP Library, 3609 Market Place W, Ste 100, University Place; Apr 10, 12:10 County City Bldg, 930 Tacoma Ave S, 7th Floor, Tacoma; 7:30pm, Summer Library, 1116 Fryer Ave.

Kinship for Caregivers

Apr 9, 11am-noon, free resource meeting for caregivers of older adults, Neighborhood House offers support, services, referrals, Jefferson Comm Center, 3801 Beacon Ave S, Seattle, register at 206-6847484.

The Gathering Place

Apr 10, 3:30-5pm, open house to learn about this unique program for Early Stage Memory Loss, Greenwood Senior Center, 325 N. 85th Street, Seattle, 206-297-0875, www.phinneycenter.org/gsc

Aviation Talks

Apr 16, 7pm, Mary Pat Laffey discusses the fight for woman's equality in the airlines industry, Des Moines Activity Center, 2045 S. 216 in Des Moines, \$2 donation, 206-878-1642.

Transportation Options

Apr 16, 19:30-11:30pm, learn about public transportation and other resources including ACCESS, taxi services, Shoreline-LFP Senior Center, 18560 1st Ave NE, Shoreline, 206-365-1336, www.shoreline-lfp-seniorcenter.org

Strengthening Your Financial Future

Apr 17, 9am-1:30pm, AARP and financial planning experts will discuss how to spend less, map out a retirement savings, free public event, participants receive free educational materials, parking and lunch, (donations of two cans of food suggested), Old Redmond Schoolhouse, 16600 N.E. 80th Street, Redmond, free but space is limited, register at www.aarp.org or call 1-877-926-8300.

Senior Coffee Hour

Apr 18, 10-11am, refreshments, 3-speaker from Seattle Animal Shelter, sponsored by Seattle Mayor's Office for Seniors, 810 3rd Ave, Seattle, 206-684-0500

Learning is Forever

Learning if Forever offers classes throughout the year in Pierce Co, for class schedule visit www.plu.edu/titledherstolst or call Laura 253-241-4166

Retirement Housing

Events

NW Center for Creative Aging

Apr 5, 2:30pm, "The Airplane" the history of how we invented and refined the flying machines; Apr 18, 2:30pm, "Suicide-Living with the Question" Ruth Maxwell, PhD to discuss her personal journey of healing after her son's suicide, both events at Housing House, 900 University St, Seattle, 206-382-3789.

Wesley Homes

Apr 11, 2:40pm, Ultimate Chef Event, learn how to revitalize your home cooking, 816 S 216th St, Des Moines, The Terrace Auditorium, register at 206-824-5000 or www.wesleyhomes.org

Decide Create Share

Apr 18, 6pm, AARP and Wesley Homes, part of "Loving Life" series, Wesley Homes Des Moines, RSVP 206-824-5000, www.wesleyhomes.org

Community Events

Sandhill Crane Festival

Apr 27, celebrate the return of the sandhill cranes, talks, tours, Columbia National Wildlife Refuge, Othello, WA, 1-866-726-3445.

Woodland Park Spring Fling

Apr 12-14, 200 keeper talks, feed the elephants and more, 206.548.2500, www.zoo.org

Building Renovation Fair

Apr 13, 10am-5pm, Historic Seattle's 3rd Annual Building Renovation Fair features live presentations including energy efficiency for older homes, meet with experts, Washington Hall, 153 14th Avenue, Seattle, (south of Seattle University) \$5, 206-622-6952, www.historicseattle.org

Spring Luau

Apr 13, 6pm, annual celebration of Hawaiian food, music, dance, \$12-\$23, University of Puget Sound, Tacoma, 253.879.3419, tickets, pugetsound.edu

Food Banks Friend Raiser

Apr 13, 7:30pm, help feed hungry families classic Rock-Roll, no-host bar, \$25, Landmark Theatre, 47 St. Helens, Tacoma, 253-383-3164

Oregon Coast Garage Sale

Apr 19, 2012, community wide event in Lincoln City.

Arthritis Foundation

Apr 23, 7am, "Morning Athlete to a Cure Awareness Breakfast" Washington Athletic Club, 1325 Sixth Ave, Downtown Seattle, reservations required, 206-547-2707 ext 104 or dange@arthritis.org

Free Computer Classes/ Snohomish

Marillee, ferrocise library schedes winter/ spring free computer classes, call to RSVP, 425-776-8722

Crazy Quilters Guild

2nd & 4th Thursdays, 6-9pm, Emeritus Assisted Living, 33002 14th Ave. South, Federal Way, quiltersfedway.com, 253-833-8302

Garden Events

Bellevue Botanical Garden

Apr 4-7, 10am-4pm, Vintage Sale, 12001 Main Street, Bellevue, www.bellevuebotanical.org

Bloed Reserve Plant Sale

Apr 6-7, 9am, lectures, free admission, 5751 Dolphin Drive, Bainbridge Is., 206-842-7651, www.bloedreserve.org

Flower & Garden Show & Tour

Apr 13, 10am-5pm, free gardening info & demos plus raffle & all-day entertainment, tour the Highline Botanical Garden, free parking, SeaTac Community Center, 13735 24th Ave S, SeaTac

Pierce Master Gardener Plant Sale

Apr 27-28, 9am-3pm, WSU Alimendinger Hall, 2606 W. Pioneer, Puyallup, 253-798-170.

Free Plant Exchange

May 4, 9am-noon, bring plants to share or food bank donation, Immanuel Presbyterian Church, 901 North J St, Tacoma, 253-627-8371.

Everett Rain Garden Tour

May 4, 10am-11:30am, free, take a walking tour of rain gardens featuring

7 unique rain gardens in North Everett, talk to the designers, landscapers & homeowners, free presentation at meet up location prior to tour, meet at Washington Oaks Retirement Center, 1717 Rockefeller Ave, Everett, 425-357-6010, www.raingarden.wsu.edu/snohomish.html

Health Education

Healthy Aging Lecture

Apr 4, 2:40pm, UW panel on Healthy Aging Spring Lecture, "Fortifying Your Nutrition IQ" panel discussion, reception and student presentations follow the discussion, free and open to the public, Tower Auditorium (Mezzanine Level), 4333 Brooklyn Ave NE, Seattle. RSVP 206-614-6276 or visit www.gingcenter.org

A New Philosophy of Alzheimer's Care

Apr 4, 6:30pm, Alzheimer's expert John Zeisel embraces holistic treatment and emphasizes abilities that don't diminish, downstairs at Town Hall Seattle, 888-377-4510, www.townhallseattle.org

Free end-of-life planning discussions

Apr 9 & 17, 12:30-1:30pm at 425 Pontius, Seattle; Apr 9, 12-1pm aimed at Vietnamese community; Peter Claver House, 7101 38th Ave S, Seattle; Apr 30, 3-4pm, Providence At St Vincent, 4521 55th Ave SW, West Seattle, 206-320-4000, www.providence.org/hospice@seattle

Free Health Talks

Apr 9 & 23, 7pm, Food for your bones & ridding your body of toxic metals, Tahoma Clinic, 801 SW 16th Street,

Seattle, 121, Renton, 425-738-5650, www.tahomaclinic.com

Soundpath Health

Are You or Someone You Know Turning 65? Attend a FREE Medicare meeting, Apr 11 at 4pm & Apr 25 at 11am, 32129 Weyerhaeuser Way S, Suite 201, Federal Way; and Apr 10 & 19 at 11am, Polyclinic, 1145 Broadway, Seattle, 866-789-7747, www.Soundpathhealth.com

Dietables Expo

Apr 13, 9am-3pm, health screenings, cooking demos, products & services, speakers, free, Washington Convention Center in Seattle.

Bastyr University Living Naturally

Apr 13, 10:30am-noon, free "Living Naturally" talk, learn how to use your own body weight to work out, 206-834-4100, www.WellnessBastyrCenter.org

Affordable Care Act & You

Apr 17, 7pm, forum with speaker, Q&A, sponsored by League of Women Voters, PUD Building, 2320 California St, Everett, free.

Cancer Center Open House

Apr 17, 4-7pm, community tours of Swedish/Edmonds new cancer center, 21632 Highway 99, Edmonds.

Choral Music

Art of the Spirituals

Apr 12, 7:30pm, complex textures of the Spirituals, University of Puget Sound, Tacoma, 253-879-3419

Seaport Chantry Sing

Apr 12, 8:10pm, freel, Ctr for Wooden Boats, 1010 Valley Street, Seattle, 206-447-9800, www.nwseaport.org

Cappella Romana

Apr 13, "Easter in Spain and Portugal" free pre-concert talk one hour prior to performance, Holy Rosary Church, 4199 42nd Ave SW, West Seattle, 1-800-494-8497, cappellaromana.org

Octava Chamber & Seattle Bach Choir

Apr 14, 6pm, Maple Park Church, 17620 60th Ave SW, Lynnwood, 425-743-2288.

Bellevue Chamber Chorus

May 11 & 18, 7:30pm, "Choral Masters" May 11-East Shore Unitarian Church, Bellevue; May 18-St. Thomas Episcopal Church, Medina, special senior prices,

425-881-0445 promo code 1212

www.bellevuechamberchorus.org

Musical Theatre

Lyric Light Opera

Apr 6-28, "7 Brides for 7 Brothers" Kirkland Perl Ctr, lyriclightopera.org

You're a Good Man, Charlie Brown

Apr 12-20, join the Peanuts gang in this fresh approach to classic 1967 musical, \$15-\$18, Youngstown Cultural Arts Center, 1402 Delridge Way SW, Seattle

UW School of Drama

Apr 17-28, "Once Upon a Time 6x in The West" based on the musical play Story of Little Horse, an orphan girl in adult in the Wild

West, Floyd and Delores Jones Playhouse, 4045 University Way NE, Seattle, 206-543-4000, drama.washington.edu

Espresso Drama Youth Theatre

May 10 at 7pm & May 11 at 2pm, Annual Melodrama "Way, Way Off Broadway - The Gold Mine at Jeremiah Falls & The Rent is Due", 109 Train St SE, Orling, 360-893-2749, espressodrama@hotmail.com

Theatre

Book-It

Apr 16-May 12, Adventures of Huckleberry Finn, 206-716-0833 www.book-it.org

Seattle Rep

Apr 19-May 19, "Boeing Boeing" 1960s classic farce, set in Paris where Bernard is engaged to 3 women, 206-443-2222, www.seattlerep.org

ArtsWest

May 1-10, Northwest premiere of "33 Variations" third stage play by Tony and Emmy-nominated director and playwright Moises Kaufman, \$12-\$34, 4711 California Ave SW, West Seattle, 206-938-0339, www.artswest.org

Dance

PNB Swan Lake

Apr 12-21, 206-441-2424, www.pnb.org

Classical

Night at the Opera

Apr 20, 8pm, Seattle Baroque Orchestra and soprano Ellen Hargis, Town Hall Seattle, \$15-\$40, 206-325-7066, www.earlymusicguild.org

Seattle Symphony

Apr 11-13, Gerard Schwarz returns for program of Mozart and Bruckner; Apr 14, 2pm, chamber works Dvorak & Ravel, Benaroya Hall, 206-215-4747, www.seattlesymphony.org

Flute Festival

Apr 17, 11am, performances and workshops, artist recital 4:30pm, Town Hall Seattle, 1119 8th Ave, \$5-\$25, www.seattleflutesociety.org

Tokyo String Quartet

Hall at UW campus, \$34-\$38, 206-434-8890, www.npac.org

Ladies Musical Club

Free concerts throughout region, www.lmcseattle.org

Pop, Jazz, Folk, Country

Tommy Dorsey Orchestra

Apr 4-7, Benaroya Hall, 206-215-4747, www.seattlesymphony.org

World Rhythm Festival

Apr 12-14, 11am-10pm, free, drums, dance, workshops, performances, Seattle Center

Jazz Alley

Apr 13, 7:30pm, Seattle's own a cappella band, Northshore Perf Art Ctr., 18125 92nd Ave. NE, Bothell, www.npac.org

The Coats

Apr 13, 7:30pm, Seattle's own a cappella band, Northshore Perf Art Ctr., 18125 92nd Ave. NE, Bothell, www.npac.org

Jazz Alley

Apr 11-14 Gypsy Allstars; Apr 16-17 Sugar Blue harmonica legend; Apr 18-21 Sugar Osborne, 2033 6th Ave, Seattle, www.jazzalley.com

Crystal Gayle

Apr 27, lucky Eagle Casino & Hotel, Country stars Crystal Gayle & Lee Greenwood, tickets start at \$40, 12888 188th Ave SW, Rochester, WA, 1-800-720-7788, ticketmaster.com

Calendar items can be emailed to editor@northwestprimetime.com by the 15th of the following month



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Saturday, May 18, 7:30 pm

St. Thomas Episcopal Church, Medina

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Harriet Bullitt

...continued from page 1

it in 1991. The profits from that sale went toward the Bullitt Foundation's \$100 million endowment, which funds organizations that "protect, restore and maintain the natural physical environment of the Pacific Northwest." Bullitt credits her brother Stimson for his vision, direction and leadership in this area. "He was so determined to fund and support environmental agencies," she explains. She and Patsy Bullitt also saved the Seattle classical music station KING-FM, donating it to a nonprofit group, assuring that their mother's love of classical music and opera would flourish for generations to come.

But it was her love of the natural world and the protection of our local region that motivated Bullitt toward one her longest endeavors: the foundation of *Pacific Northwest* magazine (now *Seattle* magazine) and *Pacific Search Press*. "Upon my return to Seattle in the 1960s," she recalls, "I noticed lots of people moving into our beautiful area. However, they were thoughtlessly, carelessly damaging our waterways, our forested areas. No one was presenting ideas to help people understand the great natural beauty that surrounded us. There wasn't a lot of communication going on." Relying on the natural science degree she obtained at the University of Washington and her wide range of associates, Bullitt established *Pacific Northwest* magazine as an accessible forum for conservation and ecology education. "We linked the natural history groups together," she explains. "We published articles on wildflowers, rocks, the Audubon Society; we just presented information in an easy-to-understand, accessible manner so people could learn about their environment."

Her passion for 22 years, Bullitt sold the magazine in 1990 when it began to morph into more of a lifestyle format — something she says is an almost natural progression. "Magazines follow their advertisers," Bullitt says without rancor. "It began to become difficult to get advertisers; I'd started the magazine with a group of dedicated volunteers and we'd worked hard for years. It was time to move on."

Her move brought her full-circle; back to the family property and the wilderness she grew up to love. "I had no sooner settled in," she chuckles, "and the property adjacent to ours went up for sale." Slated to become a condominium development, Bullitt purchased the 67 acres, and in 1995 opened Sleeping Lady Mountain Resort. "For the first time in my life, I was out of debt, had the money and time," she continues. "I felt it was some incredible destiny that brought me to this place."

Inspiration and Support

From the beginning, Sleeping Lady was intended to bring people together in an atmosphere of harmony. Bullitt believes that meetings are often stripped of their "transformational power" because the needs of the human spirit are overlooked. "So, we created a place where people can come and work on serious issues," she explains. "Oftentimes, they arrive at Sleeping Lady and they're very serious, almost judgmental. They're not talking to each other outside their particular meeting; they seem distracted from what's all around them. Within a day or two, you can observe a marked change. We've created a place that speaks to the whole person."

Everything about Sleeping Lady remains true to Bullitt's sense of wonder and appreciation of the natural world. Guest rooms are arranged to promote interaction, natural light illuminates meeting rooms, and meandering paths give rise to contemplative walks and often, talks. "We hope people come here and feel a can-do attitude," Bullitt says. "We host lots of environmental groups, business groups, board retreats — these folks are working hard. We wish to treat them with comfort. You can work on environmental issues and still deserve good food and a good mattress," she adds with a laugh.

Guests are treated to meals meant to refresh and energize, prepared with organic local produce and the best Northwest fish, meat and poultry. An extensive art collection is set among the walking paths. "It's a subtle thing," Bullitt muses. "People just notice it feels good here. It's a sense of renewal and refreshment you can only get from the natural world."

Continuing the Legacy

In 2004, Bullitt joined previous honorees Robert Redford, former

President Jimmy Carter, Ted Turner and Seattle's Hazel Wolf, as distinguished recipients of the Audubon Medal. The National Audubon Society's highest honor, the award recognizes individuals who further the cause of conservation and environmental protection. John Flicker, Audubon president at the time, explained Bullitt's continuing vision this way: "She has a national and global perspective."

Her zeal and passion for a world of community, nature and beauty continue to evolve and grow.

Founder of the Icicle Creek Watershed Council, she's now partnering with local Chelan County groups to restore fish and wildlife around Icicle Creek. Water flow was restricted by the placement of dams on the creek in the 1930s and she's pressured the U.S. Fish and Wildlife Bureau to restore the natural flow of the creek so as to bring back wild salmon.

"The fish are coming back," she adds. "The Yakama Indians have had some success, working in the river, raising Coho salmon. We're building successful liaisons with the Wild Fish Conservancy and upgrading the fish hatchery systems."

In 1999, she founded Icicle Fund, which seeks to protect the environment while promoting the arts and history of the area.

Bullitt also re-entered the broadcasting world in 1999, founding Icicle Broadcasting Co., which operates three stations serving North Central Washington. She remains on the board of the Bullitt Foundation and continues to support a wide array of environmental groups throughout our region.

But perhaps she feels Sleeping Lady Mountain Resort will be her most significant and lasting work. "When people come to work diligently on a difficult problem, when they try to elevate themselves from difficult situations — we offer elements that release their creative potential," Bullitt concludes. "It's a joy to see people coming in, working hard and leaving with something they didn't expect." ♦

Roberta Greenwood is a Seattle area writer and environmental activist.

Originally published in *Seattle Woman* magazine

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Nostalgia Quiz Answers

...answers to questions on page 19

1. a) Erol Flynn, b) Gary Cooper, c) Tyrone Power.
2. a) Priscilla Lane, b) Eva Marie Saint, c) Katharine Hepburn.
3. a, b, c) Katharine Hepburn.
4. Claire Trevor.
5. a) Edward G. Robinson, b) Humphrey Bogart.
6. Alice Faye.

Crossword Solution

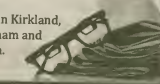
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MORE INFORMATION

Harriet Bullitt started Sleeping Lady Mountain Resort in 1995 to protect the natural beauty of a property near her Leavenworth home. Prior to her purchase, the site had been used as a base by the Civilian Conservation Corps during the 1930s, as a dude ranch, and as a Camp for the Catholic Youth Organization. In 1991, Bullitt purchased all 67 acres to preserve the land and redeveloped the property into a mountain resort and retreat which embraced the site's natural setting for visitors seeking an experience off the beaten path. A portion of Sleeping Lady's profits benefit the Icicle Fund which supports the environment, arts and history of the Wenatchee River watershed and neighboring landscapes. Rates start at about \$275 based on double occupancy, and include all meals. For reservations and more information, call (800) 574-2123 or visit www.sleepinglady.com. Follow Sleeping Lady on Facebook (link to <https://www.facebook.com/SleepingLady>).



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The Great Outdoors

Signs of Spring

...by Roger Urbaniaik

Each year, usually in March, I get fed up with winter. I suspect that I become sun deprived and yearn to be outside without needing protective rain gear. As thoughts of spring fill my head, I peek outside to see if by some miracle any early indicators of spring have arrived. Anxiously I search for signs of spring; both near Seattle, and as I travel over Snoqualmie pass to eastern Washington. This is what I look for:

Honest bright color from emerging flowers is a treat to my eyes and earns my smile. They are welcome sights after the dull drab of winter. Snowdrops, crocus and primrose are usually the first to bloom in our yard, followed by hellebores, daffodils, hyacinth, Dutch iris and tulip. Budding pussy willow, blooms from Indian plum and blooming witch hazel confirm that days are getting warmer and longer. Wildflowers begin to show on my drives to eastern Washington. Soon phlox, lupine and yellow daisy will blanket whole hillsides with their blues, purple, whites and yellows. When daylight savings time begins in early March, I get excited. I will have a much needed

extra hour of daylight to enjoy every single day.

Birds returning from their southern migrations confirm that farmers have planted their fields. Succulent plants are also beginning to emerge. Ducks, geese and swans make their way up our western flyways and time their arrival to seed planting in the fields of the Skagit Valley. It is fun to drive between La Conner and Anacortes in March to see flocks of snow geese and swans; ducks and geese feed and gather strength for their push further north. Smaller birds such as robins and sandpipers join them in flyways.

Grouse make drumlike sounds with their wings in the woods while woodpeckers drum out their courting invitations on trees and chimney flashings. Frogs start to chorus with the many new bird calls. There is joyous noise to spring.

Rivers swell with snow melt from mountains and foothills. Emerging green grasses act as a magnet for deer, elk and big horn sheep and they migrate to higher elevation to follow its progress. Births by grazing animals coincide with arrival of fresh nutritious grasses. Bull elk and buck deer shed their antlers and gathers collect them. Predators give birth in the spring too, as food is now plentiful.

Cottonwood buds inform me that more mushrooms should be emerging and nettles will be tender. Further north, tree tappers hang their buckets on maple trees to intercept



the tree's sap for syrup. May also is when gatherers look for wild onion, asparagus and Camus bulbs. Fishing season opens in many lakes to lure rain weary anglers to sporting good stores.

Sporting enthusiasts note Mariner baseball spring training begins and schedule their trips to Phoenix. NASCAR starts up their racing season. March Madness ends the basketball season with frenzy. The Masters Golf tournament at Augusta motivates local golfers into dusting off their clubs to prepare for a new season. Students celebrate this time with spring break. Sport shows and boat shows open their doors as a precursor

to spring and flaunt the year's latest gadgets, styles and good deals.

So finish your taxes quickly this year and put off those nagging spring chores. Signs of spring are building up and the outdoors awaits your visit. Time spent having fun outside simply gets added on to the years we are expected to live anyway, and in the end we will be smiling with the memories. ♦

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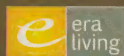
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